



# RAISING UP

## The good news at Helping Up Mission



Babies on Board  
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"I began noticing people having success."



### Today, Josh Has His Own Place

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Josh, age 38, was born and raised in the Westchester, Pennsylvania suburb of Philadelphia. "My family was not the best, but not the worst," Josh reflected. "As a child, I never wanted anything. As an only child, I often experienced loneliness, sadness, and selfishness. Looking back on my childhood, I realize that these were characteristics of an addict. Seventh grade was rough, kids started picking on my fashion. At the time, my mother was on drugs and my stepfather was a functioning alcoholic. We could not afford nice clothes. Out of frustration, I started to act up in school which might have been a cry for help. Around this time, I began smoking cigarettes and had my first drink. My friends and I poured a bunch of different alcohol to make a "screwdriver." It was 100 degrees that day and at first, drinking felt good, but soon I was throwing up."

"Shortly after, I started smoking marijuana. When I was in high school, I would smoke every day before, after, but sometimes during class. I started experimenting with more drugs including PCP and Ecstasy. Using drugs was fun. I got behind in my studies and eventually graduated from high school. At the time, I was living with my grandma and began going

to trade school to learn about computers. But I was living another life, selling drugs and running with the wrong crowd. Trade school started off well, but I was lost, and my head was in a cloud. I ended up dropping out."

"In 2006, I had a daughter, and soon my life was spiraling out of control. I had a child while I was a child myself. On Father's Day, I smoked crack cocaine for the first time, and I loved it. In 2007, on the day after the fourth of July, I experienced a Divine intervention. While in the shower feeling terrible, something told me to call my mom. At the time she was sober, and she told me to come back home. I ended up going to my first rehab and things were going well, but I was not ready to quit my lifestyle. Crack had a hold of me. The things that I learned at that rehab stuck with me and for the first time in my life, I felt guilt and shame for using."

"In 2015, my daughter was diagnosed with cancer. No matter what the excuse, good or bad, I would turn to drugs. This is when alcohol got its grip on me – the only drug that I could never put down. In 2016, I was in another rehab in Philadelphia – The Salvation Army. For eight and a half months, I managed

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NOW IT'S UP TO US

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## NOW IT'S UP TO US Dan's Monthly Update

Dear HUM Family,

A community of hope is how we often describe Helping Up Mission (HUM). But what does that really mean and why is "community" so important? As you read Josh's story, he shares that when he came in, HUM was packed with people and he was overwhelmed. But support from the community at HUM was also a critical element component of recovery for Josh and so many we serve.

Isolation is a very common trait we see of those who walk in our doors at HUM each day. Overcoming isolation by engaging in the community is a crucial element that leads to wellness and transformation. It got me thinking about how common that is to our human condition, not just those served at HUM—we all need community.

The example of a 19th century British member of Parliament, William Wilberforce who was instrumental in the abolition of slavery across the British empire illustrates the value of community. Wilberforce did not work alone—he started something called the Clapham Fellowship, a community committed to the cause of ending slavery. That community labored together for 46 years and they prevailed on Wilberforce's death bed to pass the legislation to outlaw the slave trade. An article about this community noted, "There is no limit to what can happen when a group of people are committed to God, committed to each other, and committed to a cause. *If Wilberforce was the arrow who pierced the heart of the slave trade—the Clapham community was the bow that propelled him.*"

Our hope and prayer is that HUM is that kind of community—committed to address the devastation of addiction, working together to create a place for re-connection to community that leads to transformation. All with the help of our God, our Higher Power.

The pandemic has shown us all the outcome of isolation. Mental health challenges are up, overdoses have increased, but there is hope as we respond. This season has reinforced the value of connection and community. HUM is a place for connection and re-engaging in the community at-large—leading to wellness and transformation.

If *community* at HUM is part of the bow that pierces the epidemic of isolation and addiction—**YOU** are part of this transformation as you stand with us through your prayers and support.

Serving with you,

Daniel

How's your spring cleaning coming along? This spring, make a fresh start and leave a lasting impact by creating your will in support of Helping Up Mission. Get started today! <https://giftwise.com/helpingup>

\* Starting April 1st, we will be accepting women's and infant's clothing.

## Hope Tote Campaign

Give the gift of Hope! With the expansion of our HUM Outreach Program, we are in urgent need of Hope Totes. Every man and woman that we meet receives a bag of much-needed toiletries, along with a sandwich, drink, and case management. If you, your church, or your organization would like to assist in a Hope Tote campaign, please call 410-873-1580 or email [mcannon@helpingup.org](mailto:mcannon@helpingup.org)!



to get through the program while my drinking continued. When they finally caught me drinking, I was kicked out.”

“My real father was born and raised in Baltimore and was running a recovery program on the west side of the city. New place but the same story. Alcohol still had a hold on me, but I was doing so well that I applied to go back to school. To celebrate my acceptance, I had one drink, and that one drink would turn into the roughest 3 years of my life.”

“Cheap vodka would become drugs and other programs. In December 2019, I was sitting on a couch in a room that smelled and was full of cockroaches. How did my life get to this point? I was “dope sick,” homeless, and had nowhere left to go. ‘God, please take away this feeling!’ God answered my prayers, and I woke up the next morning. It was cold and I had \$17 in my pocket. I knew that rehabs worked, but I

needed to go to detox. I ended up at Mercy Hospital and slept well for the first time in a while. The next day, they asked me what I wanted to do. I exhausted all my options and called Helping Up Mission (HUM).”

“The next morning, I took a brisk, cold walk to HUM. When I arrived, I had nothing, and the mission was packed with people. I wondered how I was going to be able to get through this. I began to struggle and called my mom and she said, ‘if you don’t do this, act like I do not exist and lose my number.’ I knew she wanted me to stay. Soon, God started putting people in my life. Reggie Harrison, HUM’s Transportation Manager, started taking me to church and I began to get rest. The choir director asked me to sing a solo at Friday’s graduation, which helped me get over my fear of public speaking.”

“I began noticing people having success. I began to commit to doing things like going to spiritual retreats. I joined a group

called Brothers in Prayer and met fellow like-minded graduates Demetrie, Lavell, and Steven. I became an intern at HUM’s barbershop, which helped me get ready for outside work. I applied for a job and got it! I worked hard and bought a car. I was able to pay off my past student loans, so I applied for college and got accepted at UMGC! After this past semester, I have been asked to join the school’s honor society.”

“My cousin ran into my daughter and her mother and asked them to give me a chance. This past Christmas, my daughter asked if she could spend time with me, and she did. My life was being fulfilled and when Demetrie moved out of HUM, I realized that so could I.

Today, I have my own place. It is not the easiest, but I have peace and serenity. My family is proud of me. I have gone from selfish to selfless.

To read more of Josh's story, visit [helpingupmission.org/stories/joshw](https://helpingupmission.org/stories/joshw)

## Focus on Recovery – Bob Gehman – President Emeritus



I love Josh’s story and how being an intern at HUM prepared him for his move outside of HUM, and get an education, and a job, and a car, and his own place.

We wish such an outcome for all our program clients, and in my new role as President Emeritus (PE), I get to contribute toward that goal.

For more than 28 years, I was CEO of HUM and January 1, 2023 I was inducted into my new role. Dan Stoltzfus, who was COO for over four years, was inducted into the CEO role.

In my new role, I’m encouraged to teach some classes which I love to do. Especially our 50 HUM interns who have had great recovery success and now fill important roles in all areas of HUM life. They are models of how the program can and does work.

My vision is to help each one take new initiatives in their personal lives in preparation to exit into the world outside of HUM like Josh. I believe, after 28 years at HUM and around thousands of addicted people, there can be many more Josh’s in this world.

They just need the encouragement to initiate the right steps and feel the support as they do. When success begins to happen, it inspires more of the same, and you no longer desire drugs to feel good about life.

As our interns are further empowered, so is the entire Spiritual Recovery Program and all of HUM.

## Easter Hope and a Meal – Just \$2.10!

Every \$2.10 you give this Easter season provides a meal and hope that transforms lives.

We love Easter at Helping Up Mission! The power of the resurrection is so obviously at work in the lives of those in our care.

Men and women who were once “dead” in addiction and homelessness are rising up out of the darkness and are being transformed before our eyes.

Because this transformation often begins with a hot, nutritious meal served with respect and dignity, we urge you to share a special gift to help struggling men and women this Easter season.

**How many people will you help?**

**\$39.90** to feed & care for **19** people

**\$79.80** to feed & care for **38** people

**\$159.60** to feed & care for **76** people

Your generous gift will help “set the table” with delicious meals and a path for guests to discover new life through our Spiritual Recovery Program.

Please be as generous as you can and give now. Together, we will help vulnerable neighbors rise up out of homelessness and addiction. Thank you... and Happy Easter!

To **GIVE MEALS NOW** please visit [helpingupmission.org/MEALS](http://helpingupmission.org/MEALS)

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## Babies on Board



In February, Helping Up Mission (HUM) in partnership with Johns Hopkins Bayview Medical Center's Comprehensive Addiction and Pregnancy (CAP) program, opened our doors to serve mothers with newborn infants. This historic milestone was made possible to ensure that these underserved populations are provided with fundamental care and essential services.

Although anyone who struggles with a substance abuse disorder should have access to treatment options, this is especially important for women who are pregnant. Johns Hopkins Bayview Medical Center currently provides obstetric, neonatal, pediatric care, and clinical substance abuse and mental health services to pregnant and postpartum mothers with substance abuse disorders. Through this partnership with CAP, HUM will provide all the services of our year-long residential recovery program, wraparound and employment services, as well as childcare.

We believe now is the time to undertake a transformational expansion of our services to include pregnant and postpartum women experiencing addiction, to finally end the intergenerational cycle of substance abuse and poverty. By partnering with the CAP program at Bayview Medical Center, we will be able to use our experience in providing substance abuse disorder treatment services to men and women and extend those services to pregnant and postpartum women.

With enough beds and cribs to serve 20 mothers with newborns, our 3rd floor of our Center for Women & Children has been outfitted with all the necessary items for newborn care. To quote our CEO Daniel Stoltzfus, “help is on the way!”



## Our Mission

Helping Up Mission provides hope to people experiencing homelessness, poverty or addiction by meeting their physical, psychological, social and spiritual needs.

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